

Hoover

May 2016

New Horizons

SENIORS STAYING INVOLVED WITH LIFE

Staff

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Membership Fees
Hoover Residents
55+ \$10 annually
(For further pricing information,
please call)

Info Line
For updates on
Horizons Activities
call: 205-444-7791

Program...

Tuesday, May 24, 2016 11:00AM

The Surprise Package Quartet



Beth, Debra, Janet, and Pam are members of Sweet Adeline International and love to sing four-part acapella harmony in the barbershop style. Combined we have over 100 years of singing barbershop music. Although we live in four different counties, we have been singing together as a quartet for about 20 years.

In addition to singing in a quartet, we are also members of Harmony Hills Chorus-the Birmingham chapter of Sweet Adelines. Harmony Hills Chorus meets on Thursday nights at St. Marks United Methodist Church in Hoover. We always welcome ladies who like to sing to come and visit the chorus.

Sweet Adelines International is a worldwide organization of women singers committed to advancing the musical art form of barbershop harmony through education and performances. Barbershop music is one of a few forms of music native to the United States but there are Sweet Adeline Choruses all over the world. No matter what country a chorus is in, they must sing the music in English. There are over 23,000 members around the world.

Surprise Package Quartet will be singing a variety of music-music from movies, various decades, and some gospel thrown in. We hope to put a smile on your face and to have your toes tapping as we sing.

MENU

Old Fashion Meatloaf
w/Red Sauce
Golden Mashed Potatoes
Vegetable Medley
Spring Salad
w/Raspberry Dressing
Rolls
Chocolate Brownie Trifle
Tea/Coffee
Caterer:
Caper's

**No special requests please*

Reservation Deadline

**Friday,
May 20, 2016
1:00 P.M.
Cost: \$10.00**

ALL PAYMENTS
received (including
mailed checks)
after this date/time
will be returned.
Limit to 150 guests
(or until capacity is reached)

Make check payable to:
Hoover New Horizons

Mail to:
400 Municipal Drive
Hoover, AL 35216
or hand deliver
to facility

MISSION STATEMENT

The Hoover Senior Center exists as a partnership to serve and empower senior adults by providing a variety of opportunities that promote quality of life through social engagement, physical well-being, community involvement, creativity, and life-long learning.

VISION STATEMENT

The Hoover Senior Center will be recognized as a model for excellence in providing opportunities, programs, and services for older adults. Through a dedicated team, we commit to enriching the lives of seniors as we serve and empower them in a positive and safe environment.

2016 HOOVER NEW HORIZONS ADVISORY BOARD



Top left to right:
Odessa Usher, Paul Brown, Donna Thompson,
Jim Langley, Dan Phifer, Ray Dugas, Miriam, Roberts

Bottom left to right:
Harriet McQueen, Francine Pearson



HOOVER EXPRESS

PURPOSE: TO PROVIDE TRANSPORTATION TO DOCTOR APPOINTMENTS, SHOPPING AND ERRANDS FOR THE CITIZENS OF HOOVER 55 YEARS OF AGE AND OVER THAT ARE UNABLE TO PROVIDE TRANSPORTATION OF THEIR OWN.

You must be a member of the Hoover New Horizons to use this service. Hoover New Horizons Membership Fee: \$10.00 (must be a Hoover Resident)

TUESDAYS AND THURSDAYS:

Doctors' offices and hospitals

MONDAYS AND WEDNESDAYS:

Errands in Hoover only. (Examples: beauty shops, Galleria, grocery stores, etc.)

EXPRESS RIDERS:

Please leave the day and time of the appointment along with your name, address and phone number on Tracy's voicemail. Please specify in your voicemail message if you have any equipment you will be bringing, such as a walker.

If you are calling for a doctor's appointment please leave the number of the doctor's office as well. If you would like a ride, please call Tracy at 739-6767 to make an appointment.

THE HOOVER EXPRESS DOES NOT OPERATE ON HOLIDAYS.

Please see your Express brochure for procedures regarding appointments around holidays.

Call Fridays from 8:00AM-10:00AM for Monday appointments. Call Mondays from 8:00AM-10:00AM

for Tuesday through Thursday appointments. Space is limited, so call as early as possible.

**TO INQUIRE ABOUT THIS SERVICE
PLEASE CALL TRACY AT 739-6767!**

MAY ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 BP Checks-12:15 Chair Yoga-12:15 Zumba Gold-1:30	3 Advanced Yoga-8:30 Beginning Yoga-10:00 Chess Group-10:00 Chess Class-12:00 Ballroom Dancing-1:30	4 Pilates-8:15 Line Dancing-9:15 Beg. Line Dancing-9:15 Adv. Line Dance-10:15 Exercise I-10:30 Canasta-12:00 Computer Class-12:00 Mahjong-12:00 Zumba Gold-1:30	5 Advanced Yoga-8:30 Pokeno-10:00 TBS Exercise-10:30 <i>Birthday Bash-12:30</i> Watercolor-1:00 Line Dancing-2:00 Crochet-2:00	6 Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30 <i>Speaker-12:15</i>
9 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 <i>Books to You-12:15</i> Chair Yoga-12:15 Zumba Gold-1:30	10 Advanced Yoga-8:30 Beginning Yoga-10:00 Board Meeting-10:00 Chess Group-10:00 Chess Class-12:00 <i>New Member Orientation-1:00</i> Ballroom Dancing-1:30	11 Pilates-8:15 Line Dancing-9:15 Beg. Line Dancing-9:15 Book Club-9:30 Adv. Line Dance-10:15 Exercise I-10:30 Canasta-12:00 Computer Class-12:00 Mahjong-12:00 <i>Speaker-12:15</i> Zumba Gold-1:30	12 Advanced Yoga-8:30 TBS Exercise-10:30 Lunch Bunch-11:00 <i>Bingo w/Town Village-12:15</i> Watercolor-1:00 Line Dancing-2:00 Crochet-2:00	13 Art Class-8:15 Exercise II-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30 <i>Movie Matinee-12:00</i>
16 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 Chair Yoga-12:15 Zumba Gold-1:30	17 Advanced Yoga-8:30 Beginning Yoga-10:00 Chess Group-10:00 Chess Class-12:00 Ballroom Dancing-1:30	18 Pilates-8:15 Line Dancing-9:15 Beg. Line Dancing-9:15 Pokeno-10:00 Adv. Line Dance-10:15 Exercise I-10:30 Canasta-12:00 Computer Class-12:00 Mahjong-12:00 Zumba Gold-1:30	19 Advanced Yoga-8:30 TBS Exercise-10:30 Watercolor-1:00 Line Dancing-2:00 Crochet-2:00	20 Art Class-8:15 Exercise II-9:00 The Friday Game-10:00 Exercise I-10:30 Open Bridge-11:30 <i>Ice cream Social-12:15</i> <i>HNH Reservation Deadline-1:00</i>
23 Exercise II-9:00 Bridge-9:30 Knit Wits-10:00 Exercise I-10:30 Cards-12:00 Canasta-12:00 BP Checks-12:15 Chair Yoga-12:15 NO ZUMBA Luncheon Set Up-1:30	24 NO YOGA Chess Group-10:00 Chess Class-12:00 Ballroom Dancing-1:30 <i>HNH Luncheon-11:00</i>	25 Pilates-8:15 Line Dancing-9:15 Beg. Line Dancing-9:15 Adv. Line Dance-10:15 Exercise I-10:30 Canasta-12:00 Computer Class-12:00 Mahjong-12:00 Zumba Gold-1:30	26 Advanced Yoga-8:30 TBS Exercise-10:30 <i>Bingo w/Homecare Associates-12:15</i> Watercolor-1:00 Line Dancing-2:00 Crochet-2:00	27 Art Class-8:15 Exercise II-9:00 Pokeno-10:00 Exercise I-10:30 Open Bridge-11:30
30 <i>CLOSED</i> <i>for</i> <i>Memorial Day</i>	31 Advanced Yoga-8:30 Beginning Yoga-10:00 Chess Group-10:00 Chess Class-12:00 Ballroom Dancing-1:30			Daily Lunch Served at 11:30AM Limited meals! Sign up begins at 8:00AM First come, First serve Suggested Donation: \$1.50 Pick up menu at Hoover Senior Center

ACTIVITIES CLASSES & WORKSHOPS

Advanced Line Dancing

For all those avid line dancers out there, this might just be for you. Join this small group of other dancers as they perfect familiar dances and try out new advanced moves! This group, led by Barbara Traywick and Beverly Strong, meets Wednesdays from 10:15AM to 11:15AM in the Creative Arts Room. Space is limited. A \$4.00 donation is requested.

Advanced Yoga

This form of Yoga is a continuation of Beginning Yoga. Advanced Yoga focuses on more intense breathing, stretching and coordination exercises. The class is held on Tuesdays (except the 4th Tuesday) and Thursdays from 8:30AM to 9:30AM unless otherwise specified in calendar. Yoga mat required.

Ballroom Dancing w/Sterling Burroughs

Ballroom Dancing instruction is held Tuesdays at 1:30PM-2:00PM and open dance lasts until 2:30PM.

Beginning Line Dancing

If you have never danced before, please take advantage of the chance to learn basic steps on Wednesdays from 9:15AM to 10:15AM in the Creative Arts Room. This class will be taught by Margie Maughan. A \$4.00 donation is requested.

Beginning Yoga

This class is held on Tuesday's at from 10:00AM to 11:00AM (except the 4th Tuesdays.) Join instructor Carol Byrd as she introduces you to breathing, stretching and coordination exercises. Yoga mat required

Bingo

Bingo is now on the 2nd and 4th Thursday 12:15PM to 1:00PM UNLESS otherwise specified in the Activities. Calendar at the Senior Center.

Blood Pressure Checks

These are the 2nd & 4th Mondays from 12:15PM to 12:45PM. Our free blood pressure checks are given by our EMS officers at the above times. (Dates are subject change due to their schedules.)

Book Club

This month's book is going to be *All The Light We Cannot See* by Anthony Doerr. This group will be meeting Wednesday, May 11th from 9:30AM to 11:00AM.

Bridge

Please call Nancy Moore at 979-5116. This is a closed group; however, call Nancy to be added to the sub list. This group meets Mondays from 9:30AM to 2:30PM.

Bridge-Open Group

Experienced, Intermediate and Beginners are all welcome. No registration required. All you have to do is show up and have fun! This group meets every Friday from 9:30AM to 2:30PM.

Canasta

The samba version of Canasta is played with three decks of cards and a tray. The game is best played with 3 or 4 players. This is an uncomplicated card game so come join in every Monday and Wednesday from 12:00PM to 3:00PM in the Lounge.

Cards

Join fellow members as they play a variety of card games on Mondays and Wednesdays from 12:00PM to 3:00PM.

Chair Yoga

This class is held on Mondays from 12:15PM to 1:15PM and taught by Carol Byrd. Chair Yoga has many benefits such as increasing flexibility, strength and energy as well as improving memory and coordination. This exercise is accessible for all.

Chess Group/Class

Chess is universally proven as an EXCELLENT way to develop the cognitive abilities. John Hodnett, Senior Center volunteer coordinator of this class along with instructor, Balagee Govindan are willing to get you well on your way. Play begins at 10:00AM on Tuesdays and the class is held from 12:00 Noon to 1:00PM.

Computer Class

Volunteer Jerome Safer will be available to answer your computer questions on Wednesdays at 12:00 NOON. To make an appointment with him please call 222-0247.

Crocheting

This class is Thursdays from 2:00PM to 4:00PM. Join Helen Tankersley as she guides you through the art of crocheting. Please provide your own materials for this class. Students will need to bring a crochet hook size (G, H, or J) and some light colored yarn.

Drawing and Creative Arts with Lana

This class will be held on Fridays from 8:15AM to 10:15AM. Art is for everyone... Painting and drawing is a beautiful way of expressing yourself and creating memories. We can see the beauty and creative ideas in anything! Usually, in everyday life, we don't pay attention to the little things that may be important. If we did, we could see more meaning in many things. That's what art is about – how we can see things. I hope that our class will be an exciting adventure where we will create a variety of drawing for yourself and loved ones.

Exercise I (Gentle Aerobics)

led by Sally Doak, is offered on Mondays, Wednesdays and Fridays from 10:30 AM to 11:15AM. This class features stretching exercises, low impact aerobics and chair exercises while using exercise bands. Participants are encouraged to wear tennis shoes/or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE)

ACTIVITIES CLASSES & WORKSHOPS

Exercise II (Aerobics Plus)

This class is led by Kathy Kaimanesh and is offered on Mondays and Fridays from 9:00 AM to 10:00AM. This class offers variations of low/high impact aerobics, body sculpting with free weights/exercise bands and floor exercises. Participants are required to bring a mat and wear tennis shoes/or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE)

*If you are a new participant you must meet with the instructor prior to the class beginning to go through an orientation.

Knit Wits

Knitting classes are held on Mondays from 10:00AM to 12:00PM. Members can hone their skills and learn new ones. Francine Pearson is the instructor.

Lunch Bunch

Lunch Bunch is a fun way to socialize with others by dining out once a month at various restaurants in the area. This month they will be Thursday, May 12th at Bogue's Tavern. Please arrive at the Center at 10:45AM. We will depart at 11:00AM. The cost is \$2.00 upon departure from the Senior Center. Sign up in the Horizons Office of the Hoover Senior Center beginning Tuesday, April 24th. For any other information, call Betty Kuykendall at 979-0742 or Merry Gordon Jones at 428-1331.

Mahjong

This game is of Chinese origin played with tiles resembling dominoes and bearing various designs. This game is commonly played with four players and is similar to rummy. Mahjong will be taught on Wednesdays from 12:00PM to 2:00PM. Please contact coordinator Cecily Chaney at 631-6361 with questions

Phone Smarts 101

By appointment only.
Volunteer Abbie Daniel will be here to help tutor you in a one-on-one lesson on how the basics of ipads/iphones. Please make an appointment by calling 739-6700. When making an appointment please indicate the type of device you have as well as leave an email address and any specific questions you may have.

Pilates

This class is led by Kathy Kaimanesh and is offered Wednesdays from 8:15AM to 9:00AM. Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. Exercise mat and pilates ring required.

*If you are a new participant you must meet with the instructor prior to the class beginning to go through an orientation.

Pokeno

Move over Bridge--a new home party game has taken center stage. A combination of cards and Bingo, Pokeno is perfect for young and old. Pokeno is being played the 1st Thursday and 3rd Wednesday of the month from 10:00 AM to 12:30 PM as well as the 2nd and 4th Friday of the month.

SONGBIRDS

This group led by Inez Saia performs familiar songs at many surrounding nursing homes and assisted living facilities.

Thursday Line Dancing

Join Barbara Traywick on Thursdays from 2:00PM to 3:00PM for a fun filled afternoon of dancing and fellowship. A \$4.00 donation is requested.

Toning Balance and Strength (T.B.S)Exercise

This intermediate class for various levels of ability will be led by Kathy Kamanish Thursdays 10:30AM to 11:15AM in the Auditorium. (NO ADMITTANCE ONCE DOORS CLOSE)

Watercolor Group

This club meets on Thursdays from 1:00 PM to 3:00PM as a group only. (No instruction is included)

Wednesday Line Dancing

This class is led by Barbara Traywick. In addition to learning the dances, everyone is getting a great workout. Join in the fun on Wednesdays from 9:15 AM to 10:15AM. A \$4.00 donation is requested.

Zumba Gold

Join us as we exercise to video routines of former instructor Elizabeth Onia. We project her teaching our class on the big screen in the gym and invite all to join us at no charge. Zumba Gold dance routines are designed for beginners and older adults using modified movements. It is a great workout and lots of fun! We meet Mondays and Wednesdays from 1:30 PM to 2:30PM unless otherwise specified unless specified on the calendar. If you have questions about the class, call Jen Eubanks at 988-0897.

THIS MONTH

...at the Senior Center

Medicare Talk

Friday, May 6, 2016 – 12:15 PM
w/SHIP speaker Jay Jones
and Cigna Health Springs

“Books to You”

w/Catherine Heinzerling
Monday, May 9, 2016
12:15 PM

Topic: **IF IT'S NOT IMPOSSIBLE: THE LIFE OF SIR NICHOLAS WINTON**, by Barbara Winton, and published by Troubador Publishing Ltd, copyright 2014. The book tells the life of Nicholas Winton who rescued 669 endangered children in 1939 from Nazi-occupied Czechoslovakia on a Kindertransport he organized.

Estate Planning

Wednesday, May 11, 2016
12:15 PM

At all stages life there are a lot of questions when it comes to your finances, this is an opportunity to get some of those answered. Timothy J. Dolan from Edward Jones Investments will be speaking. *Refreshments will be provided.*

Movie Matinee
Friday, May 13, 2016
12:00 NOON

Sponsored by the Kirkwood by the River
Sign up at the welcome desk or by calling 739-6700.



Volunteer Appreciation Ice Cream Social

Friday, May 20, 2016 – 12:15PM

If you are a volunteer, please join us for a sweet treat in honor of you!
RSVP to the welcome desk if you would like to join us.

Sponsored by *Earth Angels Healthcare*

Wii Bowling Tournament

**(3rd and 4th Friday of June,
July and August)**

If you are interested in our Wii Bowling Tournament, please sign up at the welcome desk of the Senior Center or by calling 739-6767. Space is limited.

Monthly Birthday Bash

Sponsored by Amedisys Hospice

If your birthday falls during this month, please join us to celebrate you!

Anyone can join in the festivities. These functions will be held the first Thursday of each month at 12:30PM.

New Member Orientation

Are you interested in finding out more about Hoover New Horizons and the Senior Center? If so, please join us for this information session. These sessions will be held on the second Tuesday of the month at 1:00PM unless otherwise specified on the calendar.

TRIPS & TOURS

Oak Hill Cemetery Tour

May 5, 2016

Depart Hoover Senior Center 9:00 a.m.

COST: \$15 (INCLUDES GUIDEBOOK,
LUNCH NOT INCLUDED)

CONTACT JIM LANGLEY 980-1827

Coffee Concerts ASO at Alys Stephens Center

Sarah Hicks Conducts Brahms May 13, 2016

COST: \$10 DUE APRIL 29

Depart Hoover
Senior Center 10:00 a.m.

(LUNCH NOT INCLUDED)

CONTACT JIM LANGLEY 980-1827

Aldridge Gardens Hydrangea Tour

May 19, 2016

Depart Hoover Senior Center 10:30 a.m.

COST: \$20 DUE MAY 5TH PICNIC

LUNCH INCLUDED

CONTACT JIM LANGLEY 980-1827

Pigeon Forge & Smokey Mountain

Show Trip
August 15-19, 2016

COST: \$499 DEPOSIT: \$75 DUE APRIL 15

CONTACT JIM LANGLEY 980-1827

TITANIC, SOUL OF MOTOWN,
AMERICA'S HIT PARADE, HATFIELD-MCCOYS,
SMOKY MOUNTAIN OPRY,
SMITH VARIETY, TOUR GATLINGBURG &
SMOKY MOUNTAINS

***Please contact Trip Host for details such as time and place of departure.

Just a Few Questions...

Please take a few moments to fill out this short survey and turn it in to the welcome desk. Thank you.

Name: _____ Gender: M / F

Age group: (circle) 55-64 65-70 71-75 76-80 81-85 85+

How often do you attend the Senior Center? _____ daily, _____ x week, _____ x month,
other: _____

Special talents or job skills you may have? Examples: playing an instrument / computer skills

Would you be willing to share your talent at the center? Please circle: Yes or No

Where do you most often get information about the Senior Center?

_____ flyers posted in the Center _____ friends
_____ newsletter _____ website

Suggestions / Comments

I would be willing to fill out a more in depth online survey. Yes / No

Hoover Senior Center
400 Municipal Drive
Hoover, AL 35216

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